Course Title: **Fitness Intelligence for the Health-Fitness Professional: Land 3  Ball & Bench**

Produced by: **Fitness Learning Systems**  
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Course Type: **e-Learning Home Study**

Credit hours:  
ACSM 3.0, COPS K-T 0.3, NCSF 1.5, NFPT 1.0,  
YMCA 3.0, NSPA 3.0, W.I.T.S. 3.0

Author:  
**Igor N. Burdenko, PH.D.**

Igor N. Burdenko is the founder and chairman of the Burdenko Water and Sports Therapy Institute in Bedford, Massachusetts. The institute is dedicated to healing programs that combine traditional and alternative therapies in the water and on land. Dr. Burdenko has developed a national and international certification program for the Burdenko Method. His clients include numerous athletes from the NBA, NFL, NHL, U.S. and Russian Olympic Teams, members of the U.S. Handicapped Olympic Team, and several top world known dancers and figure skaters.

Educated in Russia, Dr. Burdenko received his Ph.D. in Sports Medicine and his M.S. in Physical Education. He has authored and co-authored four books and over one hundred articles on health and fitness, training and conditioning. He presents seminars, lectures and certification of the Burdenko Method throughout the world. He also consults on the design and implementation of therapeutic facilities and equipment.

More than forty years of experience and research have made Dr. Burdenko one of the world’s leading authorities on the use of land and water exercises for rehabilitation, conditioning, and training.

Course Description:

The Burdenko Method of Fitness Intelligence was developed through years of research, training, and practice by Igor Burdenko. Dr. Burdenko has rehabilitated and trained several Olympic medal winning athletes. These exercises are highly adaptable for all levels of clients to the equipment shown or to use without equipment. Applications for group fitness, personal training, and rehabilitation. Fitness Intelligence exercises work very well for small group training formats for quick and effective training. Training levels for all exercises are presented, with video and pictures to help guide you. Add these innovative and effective training exercises and techniques to your programs for a fresh
edge and unique program twist. There are 3 courses available for land exercises and three available for aquatic exercise applications.

**Introduction:**

The unique Burdenko Method works to restore full functional capacity through concepts in Fitness Intelligence. Exercise is an act of intelligence: the ability to process information and use it in fitness performance: how to move the body gracefully, efficiently and safely in different environments and activities, based on education, knowledge and experience. Progress your clients through one of a kind exercises designed to harmonize six essential qualities: balance, coordination, flexibility, speed, endurance, and strength.

The purpose of this course is to present a different approach to exercise activities and to show how this program pays a health dividend and gives you a feeling of well-being and accomplishment. Ultimately, it teaches that exercise is neither a chore nor a show, but preparation for everyday life and a healthy future.

This course incorporates important information for teaching your clients fitness activities using The Stick and Burdenko Belt. After you have studied this course, you should be more qualified to teach these concepts in personal training and group fitness.

**Objectives:**

After completing this course, you will:
1. Understand the origins of the Burdenko Method.
2. Describe the Burdenko concept of Fitness Intelligence (FI).
3. Understand the general concept of the Burdenko Method.
4. Identify the levels of the Burdenko Method.
5. Understand the principles, philosophy, and general characteristics of the Burdenko Method.
6. List and describe the six essential qualities of exercise.
7. Determine the target market for Burdenko exercises.
8. Describe exercise guidelines and training tips for Burdenko FI exercises.
9. Understand the components of a workout with proper warm-up, conditioning, and cool down.
10. Identify general training principles for Burdenko FI training exercises.
11. Demonstrate and explain 15 exercises on a Ball with proper technique and training progression.
12. Demonstrate and explain 15 exercises on a Bench with proper technique and training progression.

**Outline:**

Introduction to the Burdenko Method

About Igor Burdenko
Fitness Intelligence

The Burdenko Method:
  Rehabilitation (Restore)
  Conditioning (Maintain)
  Training (Enhance)

Chart for Levels of the Burdenko Method

Levels of the Burdenko Method:
  Restore
  Maintain
  Enhance

Principles of the Burdenko Method

Philosophy of the Burdenko Method
  Rotation
  Bending
  Extending
  Pushing
  Pulling
  Reaching
  Jumping
  Shifting

The Primary Characteristics of the Burdenko Method

Six Essential Qualities of the Burdenko Method:
  Balance
  Coordination
  Flexibility
  Endurance
  Speed
  Strength

Target Market:
  Personal Training
  Small Group Training
  Group Fitness

Exercise Guidelines

Training Tips
General Training Principles

Components of the Training Session:
- Warm-up
- Dynamic Stretching Exercises, Lead-up or Free Movement Exercises
- Conditioning
- Cool Down

Exercises on the Ball
- About the Equipment: the Ball
- Tips for Exercises on a Ball
- Exercise 1: Wake Up Call
- Exercise 2: Jogging
- Exercise 3: Triple Bounce to Stand
- Exercise 4: Double Bounce to Stand
- Exercise 5: Single Bounce to Stand
- Exercise 6: Single Leg Extension
- Exercise 7: Double Leg Extension
- Exercise 8: Mimic Downhill Skiing
- Exercise 9: Quarter Turns
- Exercise 10: Roll the Ball
- Exercise 11: Knees to Chest Face Down
- Exercise 12: Knees to Chest Face Up
- Exercise 13: Pendulum
- Exercise 14: Pass the Ball
- Exercise 15: Bridge

Summary Chart for Exercises on a Ball

Exercises on the Bench
- About the Equipment: Bench
- Tips for Exercises on the Bench
- Exercise 1- Marching
- Exercise 2- Mimic Walking
- Exercise 3- Single/Double Leg On/ Leg Off
- Exercise 4- Double Leg Extension
- Exercise 5- Double Leg Extension- Feet off Floor
- Exercise 6- Leg Over the Bench
Exercise 7 - Leg Swings with Turns
Exercise 8 - Single/ Double Leg Over
Exercise 9 - Hurdles
Exercise 10 - Russian Dance
Exercise 11 - Passive/ Active Stretch
Exercise 12 - Buddha
Exercise 13 - Jumps On/ Jumps Off
Exercise 14 - Jumps Over
Exercise 15 - Statue of Liberty

Summary Chart for Exercises on the Bench

Bibliography:

9. Alexandra Strelnikova Breathing Exercises. For information go to http://strelnikova.freehostia.com/
10. Dr. Michail Shetinin. For information go to http://health.groups.yahoo.com/group/strelnikova_exercise/
13. ATU: Aquatic Therapy University. info@aquaticuniversity.com. 800.680.8624
A fitness article describing the necessary components for total health fitness and well being. With the constant threat of numerous health issues caused by obesity, it is obvious that everyone should be conscious of their personal fitness and mental well-being. The only way to achieve a healthy and fit lifestyle is to make the necessary changes to your everyday life. These changes do not have to be drastic to begin with, and should be things you enjoy and look forward to doing. The most important thing is to make an effort at improving all areas of your personal fitness and well-being, even if changes are gradual.